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EDMONTON • MONDAY, MARCH 9, 2009

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One soldier dead, four wounded in Afghan bombing

KANDAHAR A Canadian soldier is dead and four are wounded after a roadside bomb blasted their armoured vehicle while the troops were on a patrol northeast of Kandahar City yesterday.

Trooper Marc Diab, 22, with the Royal Canadian Dragoons has been identified as the dead soldier, the fourth Canadian military death in Afghanistan in less than a week.

Diab was a member of the 3rd Battalion of the Royal Canadian Regiment Battle Group based in Petawawa, Ont.

"His friends and comrades describe him as having a large heart for such a small guy," said Brig.-Gen. Jonathan Vance to reporters. "He would give you the world if he had it."

METRO EDMONTON

ShareYourViews

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Riding the Recession

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Comment & Views

• Anne Hines shares her recession philosophies, pg 8

Workology

• What is it like to be the ones left behind after a layoff? Metro explores survivor syndrome, pg 15

Tomorrow

• How to deal with recession stress without pulling your hair out. Wednesday

• Put the brakes on car maintenance costs and keep the mechanic away. Later this week

• Meals for a steal.

Game on! Skateboard hockey



Dave Triomphe, left, protects the net from Adam McMurdo, right, during a game of skateboard hockey organized by Local 124 skate shop, yesterday morning at Sportsworld on 137 Avenue in Edmonton.

International Women's Day celebrated

VICTORIA HANDYSIDES victoria.handysides@metronews.ca

CENTENNIAL Females across the province celebrated 100 years of triumph yesterday, marking International Women's Day in the Capital Region.

Hundreds gathered around the globe to recognize the successes and challenges faced by women today.

"There are so many strong women in our small community," said Michelle Levesque, organizer for the Devon Women's Pillar of Peace Award Presentation.

Nominations for the award flooded in to the town, she added. With a population of 7,000, the town was the smallest in the province to recognize the event.

The centennial was recognized by women's political groups, whose members reflected on the rising demographic of women in leadership roles.

Grab
your
spoon,
get
set...



Power line protest

Strathcona residents want lines to be built underground

MARISSA MIDDLETON
for Metro Edmonton



"People are getting more concerned about the environment and the visual effect."

Coun. Roxanne Carr

underground or at least have our government look at the safest way to do this," she said.

"People are getting more concerned about the environment and the visual effect."

A group of residents, called the Responsible Electricity Transmission for Albertans, say health studies have shown the lines can cause problems, like childhood leukemia, Alzheimer's and brain tu-

mours.

The group is also worried about the large population of migratory birds in the area.

"Why would you take a man-made wetland that is designed for migratory birds, and then erect a bird catcher over top of it?" said RETA president Bruce Johnson.

"It just makes absolutely no sense."

The group has been holding town hall meetings, including one on Friday, and they've been canvassing door to door, as well as doing mail drops to provide residents with more information about the proposed route plans.

Epcor has been looking into the possibility of building lines under-

ground and evaluating things like cost and what type of technology is necessary.

"If it comes forward as something we will have to look at, then we'll have some information to go forward with and bring forward to the people as well," said Epcor spokesman Mike Long.

Currently, the project is still in a planning phase, with both groups collecting feedback from information sessions, open houses and surveys.

"We want to hear what people have to say."

Epcor, along with AltaLink, has not finalized which route will be chosen, but Long said the route "with the least overall impact" will be chosen.

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Weather delays flight departures

Travellers who may have wanted to leave Alberta's capital for a warm and tropical destination over the weekend may have stayed at the Edmonton International Airport a little longer than they wanted to. A wallop of snow caused several flight delays at the airport and some cancellations. **METRO EDMONTON**

Local



Alberta to see negative growth

Alberta's boom is over, according to new figures from the Conference Board of Canada. Alberta's growth is set to shrink by minus 0.5 per cent, according to the board's outlook. It's the first time the province has seen a drop in growth in nearly 25 years.

METRO EDMONTON

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ROGERS

Man faces charges in death of woman

DRIVING A man has been charged in connection with the death of a 71-year-old woman hit by a truck in Mill Woods last October.

The victim, Stanisława Cudsich, was struck down as she crossed 38 Avenue, east of the intersection of 34 Street around 8:30 p.m. on Oct. 18. She was not in a crosswalk. She was hit by the eastbound truck and rushed to hospital where she later died. Police have charged Curtis Oleson with careless operation of a motor vehicle. **METRO EDMONTON**

metronews.ca

What's online today.

Comment

Gudy Mamann writes on a dying nanny's final plea to Canada's immigration minister at metronews.ca/immigration

Lotteries

KENO Friday, March 6: Lotto Super 7: 5, 12, 16, 20, 25, 39 & 45. Bonus 43. **RCI** Saturday, March 7: Lotto 6/49: 8, 12, 14, 22, 29 & 49. Bonus 11.

These results are not official.

No hibernation in Strathcona

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

Winter's icy stranglehold wasn't strong enough to force the Old Strathcona community into hibernation, as dozens ventured out to celebrate a yearly tradition yesterday.

Bundled up tight, children flooded an outdoor rink as 40 kilometres per hour winds swirled the scent of flame-grilled hamburgers through the air at Winterfest 2009, an annual festival for area residents.

"It's a way for our community members to get out and enjoy the winter," said Jeanie McDonnell, Strathcona Community League spokeswoman. "Our turnout is lower than usual, and it's absolutely to do with the weather."

Though temperatures were recorded at a frigid -29 C with wind chill, no outdoor activities were cancelled.

The area is a ritualistic



Gary DeRudder of MP Stables drives a sleigh at the annual Strathcona Community League Winterfest with horses Jack, left, and Jasper, on Sunday afternoon in a field behind King Edward School in the Strathcona neighbourhood.

weekend destination to the infamous retail and party strip for many Edmontonians, who use services for a short time, then take off.

"I'm sure a lot of shoppers ... forget there's a community around here"

Jeanie McDonnell

"I'm sure a lot of shoppers on Whyte Ave. ... forget there's a community around here, but we know what it's all about," McDonnell said.

Old Strathcona has an extremely diverse demographic, full of families, students and retirees, she added.

"It's fairly close-knit in parts, but there's a wide variety of people, so, it's a little hard to find activities for everyone," she said. "This festival is fairly broad."

Braving the howling wind and a lineup of hungry winter warriors, Kelly Binnington flipped burgers through the afternoon.

"At least it's a warm place to be," she said cheerfully.

Poverty not a factor in schools: Report

SCHOOLS Don't blame poor neighbourhoods when it comes to an elementary school's performance, says the Fraser Institute in its annual report card on schools across Alberta.

The think-tank says 10 of Alberta's improving schools in its report are located in neighbourhoods that have the lowest incomes — including Edmonton's Ekota, Eastwood and St. Elizabeth schools.

"Improvement can take place in any school, regardless of its characteristics, students or its families," said Peter Cowley, the Fraser Institute's director of school performance studies.

Ekota School showed the greatest improvement in Alberta by scoring 4.0 in 2004 to 6.8 in 2008 where the average parent income is \$54,333. Edmonton's Eastwood School also improved from a zero rating to 2.4 where the average parent income is \$38,682.

JEFF CUMMINGS
METRO EDMONTON

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THE BAY



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metronews.ca

Monday, March 9, 2009

4 local

No April Fool's Day joke about traffic bottleneck
A \$168-million interchange of Stony Plain Road and Anthony Henday Drive is expected to begin construction April 1. **METRO EDMONTON**



Former chief of Smith's Landing Treaty 8 First Nation Francois Paulette speaks about water quality during a panel discussion following the Edmonton premiere of the documentary *Downstream* at the Citadel yesterday. The film speaks about aboriginal people downstream from oilsands operations.

Film to take look at oilsands industry

MARISSA MIDDLETON
for Metro Canada

the effect pollution is having on the people of Fort Chipewyan, and physician John O'Connor as he deals with the health problems faced by that community, specifically cancer.

Iwerks said the response to the film has been very positive following a showing in Fort Chipewyan.

"The film has really become a polarizing force for this issue and we're really thrilled for that," he said.

The panel members encouraged those concerned about the oilsands and the effect it has on surrounding communities to write letters to the government.

The film also follows

"It's very, very important that as Albertans we speak out," said Linda Duncan, MP for Edmonton-Strathcona. "We're tarred with the same brush."

Former chief of Smith's Landing Treaty 8 First Nation Francois Paulette expressed that First Nations are very concerned about what is happening in Fort McMurray.

"We view the land as being all spiritual, and we need to treat it as such, the film that you just saw very brief is real, its happening."

In March, a film titled *Upstream* will be released. Iwerks said it will add to *Downstream*.

Woman critical after crash

ACCIDENT A woman is still in critical condition after a school bus carrying a high school sports team smashed head-on into a car just north of Red Deer Saturday night.

Mounties say the investigation continues but won't say which vehicle lost control and crossed the centre line before it collided with the other one.

Liquor not cause

- The Red Deer RCMP have ruled out alcohol as being a factor in the crash.

The woman's car was cut in half after the collision, which happened near the town of Blackfalds on Highway 2A.

The woman was rushed to hospital in critical condition and no one on the school bus was injured in the accident.

Mounties in Red Deer say there was heavy snowfall and high winds at the time of the crash, and speed mixed with poor road conditions may be a factor in the crash.

METRO EDMONTON

Alberta gripes loudest about do-not-call list

TELEMARKETING Canada's do-not-call list is working well, but the majority of complaints about the list are coming from Albertans, shows a new survey that will be released today.

The Marketing Research and Intelligence Association's poll says Canadian

adults are getting fewer calls from telemarketers, but 13 per cent of people in the survey claim they are getting more calls.

Almost one in every four people complaining about the increase in calls are Albertans, according to the survey.

METRO EDMONTON

Fire leaves mom, kids homeless

BEAUMONT A fire in a Beaumont home Saturday left a single mom and two kids homeless.

The blaze began after burning on the second floor of the home after candles were left unattended.

Damages are estimated at around \$600,000.

METRO EDMONTON

Arrests made in Canadian's death

Police in Thailand have arrested six people in connection with the death of a Quebec-born property developer on the island of Phuket last month. [CBC NEWS ONLINE](#)

Canada

Iggy rebuilding Grits

New Liberal leader purging Dion's policies

They are the acts of a politician turning the page.

The Green Shift carbon tax that was the centrepiece of the Liberals' election platform? Denounced and ditched.

The coalition pact formed with other opposition parties on Parliament Hill with an eye to toppling the minority Conservatives? Dead and buried.

The decision to give Green party Leader Elizabeth May a free ride in the last election? Tossed overboard.

Alberta's oilsands? Not so bad after all.

Like the housecleaning that follows a divorce, Liberal Leader Michael Ignatieff has been making a clean

"I think the party did get badly off track."

Steven MacKinnon

break from the troubled era — and policies — of predecessor Stéphane Dion.

But the bad memories weren't carted out the back door in the dead of night.

No. This has been a very public cleansing, meant to send a deliberate signal to Canadians the Liberals understand the personality and policy they trumpeted in last fall's election was a bust.

"I think we have to demonstrate that we heard the message that what we had on offer was not ac-

ceptable. Message received," said Steven MacKinnon, former executive director of the party.

"I think the party did get badly off track," he bluntly admits.

But now, after a string of body blows that have included bitter leadership battles, the sponsorship scandal and a string of federal elections that have depleted party coffers and stamina, Liberals are taking time to reset their compass and rebuild the party.

There's no lack of motivation in the party ranks, thanks to last fall's election, which saw the Liberals drop to 77 seats with one of its worst showings ever in popular support.

TORSTAR NEWS SERVICE

Toronto Marching for women's rights



Roughly 1,500 people marched in the streets of Toronto Saturday to mark International Women's Day. Marchers voiced their support for everything from childcare rights and jobs for women to women's rights in Iran, Sri Lanka and Gaza.

News in brief

HEALTH B.C. announced Saturday it will become the first province in Canada to restrict trans-fat in foods prepared and served at restaurants. The new regulation restricts the amount of trans fat content in oils and spreadable margarines to two per cent of the total fat content.

POLITICS Hamilton MPP Andrea Horwath has been elected leader of the Ontario New Democrats. Horwath, 46, became the first woman to lead the party after winning on the third ballot.

METRO NEWS SERVICES

Avalanche claims Calgary skiers

SAM SMITH
for Metro Canada

B.C. An avalanche at a resort in Golden, B.C., killed two skiers Saturday after they ventured into a closed-off area prone to slides.

The deaths occurred just 13 days after a Quebec couple staying at the same resort went missing for nine days and had their SOS signs ignored.

In that incident, Gilles Blackburn, 51, survived, but his wife Marie-Josée Fortin,

44, died before they could be rescued.

In the latest deaths, the two men from Calgary, aged 41 and 40, set out in a group of four Saturday and passed through roped-off areas and signs warning visitors of the avalanche risk.

"The people passed over 20 signs," said Jordan Petrovics, manager of media events at the Kicking Horse Resort. "The message is there."

At the request of the family, Golden RCMP have not yet released names.



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MP furious over lack of female representation

JENNIFER TAPLIN
Metro Canada

Celebrating a record number of women in federal politics makes Halifax's Member of Parliament furious.

"It just makes my blood boil," said NDP MP Megan Leslie.

Leslie was upset about a fax she received from Helena Guergis, Canada's minister responsible for the status of women, in regards to International Women's Day, which was celebrated around the world yesterday.

"The tone is supposed to be celebratory, but I read it and got really angry — 69 women out of over 300 MPs

(for Canada)," Leslie said.

She said it should be 50-50 and then voiced some ideas as to why women don't stick it out in politics.

She admitted it's a complicated issue, but believes it comes down to the long hours and women's com-

mitment to family.

"I know in my heart if the roles were reversed and my male partner was the MP and I was not, I think I probably would have left him by now," she said while chatting over coffee as the snow fell yesterday morning near



Megan Leslie

the Halifax waterfront.

"If he were at home as little as I'm at home, I'd say that's unacceptable."

Many women get into these types of careers to achieve a goal, but they don't stay because it's not the lifestyle they want, Leslie added.

"I think the women who stay in politics or demand-

ing careers like law, they have to have some fire in them that makes them love this."

International Women's Day began in the U.S. in 1909. Some countries like China, Bulgaria and Russia celebrate women's achievements on International Women's Day as a national holiday.

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Liberals consider updating party voting protocol

POLITICS Federal Liberals appear on track to shake up the way they pick their leader, moving to a one-member, one-vote selection process that would give individual party members a greater say.

More than three years after party delegates rejected the change, the idea is under consideration again, said Liberal MP

Navdeep Bains, co-chair of the Liberals' special committee on party renewal.

Under current rules, a leadership race culminates in a convention where the choice is made by attending delegates, who in turn are selected by party members.

But after countrywide consultations in recent weeks, Bains said he detects a growing mood in party ranks to change the process and let individual members make the choice of party leader.

"There's a growing momentum to go this way," he said.

And for a party anxious to revive its membership and its fundraising, moving to a one-member, one-vote process is also seen as a sales pitch to woo new members.

TORSTAR NEWS SERVICE

News in brief

TERRITORIES A second conflict of interest complaint has been filed against Northwest Territories Premier Floyd Roland, this time over the housing allowance he receives from the legislative assembly. Hay River South MLA Jane Groenewegen told CBC News Friday she has asked conflict of interest commissioner Gerald Gerrard to investigate Roland's allowance, which members of the legislative assembly from outside Yellowknife can claim while they are in the N.W.T. capital.

CBC NEWS ONLINE

Minister defends back-to-work decision
French Justice Minister Rachida Dati, 43, has defended her decision to return to work five days after giving birth. The move was chided by women's groups. **METRO NEWS SERVICES**

World



Afghan women attend a ceremony to mark International Women's Day in Kabul, yesterday. Women and girls face challenges due to the global economic recession, one expert claims.

Celebrating women

Recession challenges noted on international day

Yesterday, International Women's Day, women celebrated the gains made in achieving equal rights and highlight the widespread wrongs that damage the lives of the 3.3 billion females around the world.

But the issue foremost in women's minds is the global recession, which has hit the most vulnerable half of humanity with exceptional force.

Seventy per cent of the poorest people on the planet are women and girls, and even in a wealthy country like Canada they are the ma-

jority of the poor.

Although the global downturn began in the financial sector, dominated by men, it is now bearing down on women, most often found in low-wage and part-time jobs.

The recession has plunged from wealthy to developing countries, where women lack safety nets to help them survive.

"As the economy slows, the disaster in the financial institutions is affecting the real economy," says Sylvia Borren, co-chair of the Global Call to Action Against Poverty, a

coalition of groups in 100 countries.

"What happens is the informal sector suffers first — the cleaning women, gardeners and people who do the household jobs. They are mostly women."

As worldwide consumer confidence fades, says the International Labour Organization, traditionally female service jobs in cafes and retail are also disappearing. It predicts that 22 million of an estimated 51 million to lose their jobs this year will be women. **TORSTAR NEWS SERVICE**

News in brief

SHOOTING The pastor of a Maryville, Illinois, church was shot to death during a service yesterday in front of horrified parishioners who then tackled the gunman, state police told CNN. Fred Winters, the pastor of the First Baptist Church, was killed during the 8 a.m. service, and the attacker and two parishioners suffered knife wounds in the attack, authorities said. **METRO NEWS SERVICES**

SUDAN Sudan's President Omar Hassan al-Bashir threatened yesterday to expel diplomats and more aid groups, brandishing a sword at a Darfur rally days after a Hague court issued a warrant for him for war crimes. Sudan has already closed 13 foreign and three local aid groups saying they helped the International Criminal Court (ICC). **REUTERS**

United States to withdraw 12,000 troops from Iraq

IRAQ WAR The United States will reduce the number of troops in Iraq by around 12,000 in the next six months, the U.S. military said yesterday, a step in U.S. President Barack Obama's plan to end combat operations there in August 2010.

"Two brigade combat teams who were scheduled to redeploy in the next six months, along with enabling forces such as logistics, engineers and intelligence, will not be replaced," the U.S. military said yesterday in a statement.

Reducing the number of U.S. combat brigades in Iraq from 14 to 12 would

Shifting focus

- Six years after the U.S.-led invasion to oust Saddam Hussein, Obama plans to pull all combat troops out of Iraq by Aug. 31, 2010, leaving 35,000 to 50,000 support and training troops as Washington shifts its military focus to Afghanistan.

cut the number of American troops, currently around 140,000, by 12,000, said Major-General David Perkins. Last month, Obama ordered 17,000 extra troops to Afghanistan.

REUTERS

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Comment

Wisdom with a side of rice

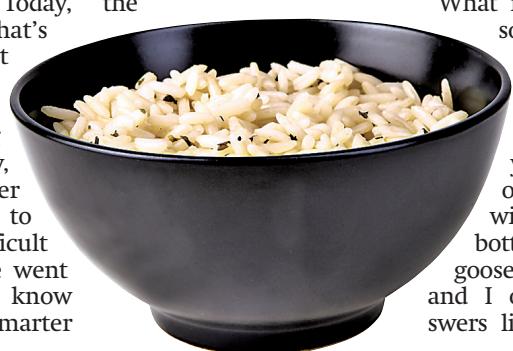
HineSight

Anne Hines

metronews.ca/hinesight

Note: This column contains complex philosophical concepts and abstruse intellectual thinking. I don't understand it myself.

My past two columns have asked Are You Recession Ready? and explored the all-important topic of Recession Etiquette. Today, we'll consider, "What's the most important part of getting through this recession?" Not resorting to eating shrubbery, for sure. But, after that? The point is to come out of this difficult time wiser than we went in. Bet you didn't know that. See? You're smarter



already. What an amazing service I offer.

In university, I took a philosophy course. I quickly became convinced the reason universities teach philosophy is because professors enjoy making students suffer. This shows how little I knew. That's only one of the purposes.

A lesser goal of philosophy is to take basic questions of life that cannot possibly be answered and then attempt to do it anyway. This is supposed to make us wiser. Generally it just made me more confused. However, I suggest that in order to glean wisdom from the

Riding the Recession

recession we attempt a little Recession Philosophy.

One profound life question philosophers attempt to answer is, "Why am I?" Recession Philosophers attempt to answer, "Why am I broke?" Something like that.

The way philosophers answer questions no one can answer is by posing questions no one can understand. And yes, people get paid for doing this.

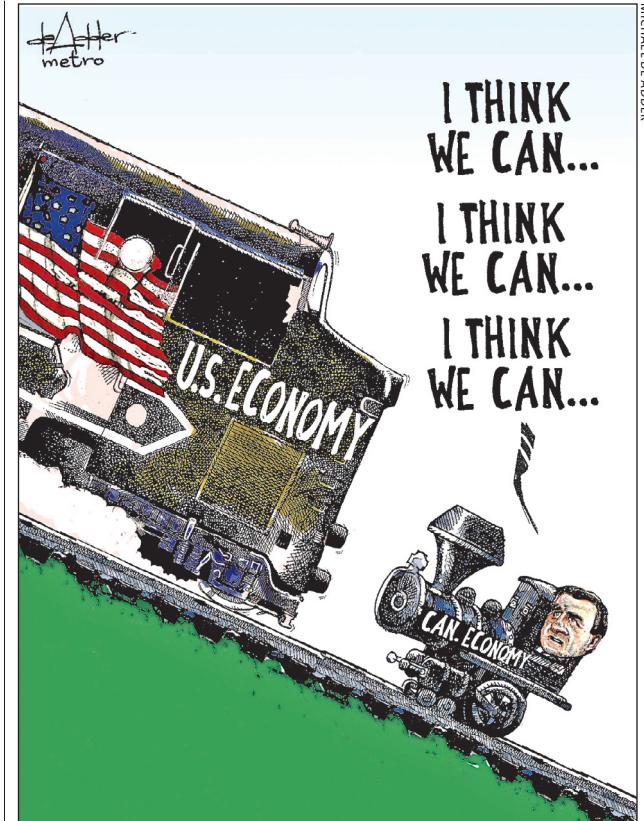
For example, to answer, "What is life?" one philosophical question my professor posed was, "There is a goose in a bottle. How do you get the goose out of the bottle without breaking the bottle or harming the goose?" My classmates and I offered genius answers like, "Does the Hu-

mane Society know about this?" and "Wouldn't it be easier to raise chinchillas?" The correct answer was, "You just do." And again, yes, people get paid for this.

In Recession Philosophy the question would read, "There is a goose in a bottle. How do you serve the goose so that it will feed a family of six with leftovers for lunch?" The answer is, "You just do. Particularly if you've made a large side of rice to go with it."

Here's another profound question, "Why is life painful?" Recession Philosophy tweaks this slightly to, "Why do they keep sending me RRSP statements?" Or, "Why am I paying a fee to lose money?" An answering question might be, "Wouldn't I be better off keeping my savings in a sock under my pillow?" You know philosophy's actually amazing. I feel wiser already.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADDER

Worth mentioning

Iraqi women still facing daily struggles, study finds

The plight of women in Iraq remains bleak despite a sharp reduction in violence, a study released Saturday found, with a majority of women lacking basic services and security.

"Now that the overall security situation, although still very fragile, begins to stabilize ... countless mothers, wives, widows and daughters of Iraq remain caught in the grip of a silent emergency," aid group Oxfam International said.

The study, released ahead of International Women's Day on March 8, centred on the impact of the years of bloodshed unleashed by the 2003 U.S.-led invasion, finding a third of the women surveyed had lost a family member to violence.

Providing more funding for improved transit and as a result, coaxing individuals out of their cars would likely be a much wiser and greener investment.

It seems the provincial government really needs to examine its priorities and get them straight, though it's possible, with a little encouragement from the public, that perhaps it might get things right, for once.

Brendan Van Alstine is a registered social worker and founding member of the Transit Riders' Union of Edmonton. He relies exclusively on transit, his bicycle and walking for transportation; edmontonletters@metronews.ca

In the Oxfam study, 55 per cent of respondents said they had been displaced from their homes since 2003 due to violence or in search of work.

Fading violence in most parts of Iraq has allowed attention to turn to the dismal state of basic services like electricity, health care and education.

A quarter of women surveyed did not have access to drinking water on a daily basis; almost two-thirds said they had less than six hours of electricity per day.

Three-quarters of widows were not receiving their government pension. Forty per cent of mothers said they were not sending their children to school.

The Iraqi government is struggling to accelerate investment in reconstruction and services, but results are slow to appear. Spending on the social safety net will likely become more difficult if oil prices, which account for more than 95 per cent of government revenues, stay low.

REUTERS

Views

Funding slash ironic in economic crisis

InTransit

Brendan Van Alstine

metronews.ca/vanalstine

A few months ago I wrote a column about the \$2-billion the provincial government committed to transit projects in Alberta. In that column, I lamented how B.C. was committing \$14 billion to transit, while Toronto was gearing up for a \$50-billion investment in its transit system.

By comparison, the \$2-billion commitment by Alberta really didn't amount to much.

Now comes the bad news.

If you thought public transit here was getting a

raw deal then, get ready to see the province really screw over transit! That's right — in lieu of our current economic slowdown, it's cut its commitment and is now only promising \$195 million for its Green Trip program.

Finance Minister Iris Evans, defending spending cuts across the board, is quoted as saying "just as you do in a family, you see that your revenues aren't going to be there, then you reduce your spending, and you try to look at other ways to make the dollar stretch."

It's ironic, given that by spending more on transit and related infrastructure, the government stands to help the economy more than by cutting funding. By committing more to transit projects the government could potentially

create thousands of jobs. The NDP opposition has clearly seen the opportunity for economic payoff in spending more, rather than less, on infrastructure including transit.

At the end of February, Alberta NDP Leader Brian Mason called on the government to boost spending to \$6.2 billion and calculated by doing so the government could create 72,600 jobs.

Even more ironic is the \$2 billion committed to carbon capture and sequestration remains untouched, despite the fact CCS is a dubious way to reduce greenhouse gases, at

Providing more funding for improved transit and as a result, coaxing individuals out of their cars would likely be a much wiser and greener investment.

It seems the provincial government really needs to examine its priorities and get them straight, though it's possible, with a little encouragement from the public, that perhaps it might get things right, for once.

While attacks have dropped off sharply in the past year, tens of thousands of Iraqis have died in the sectarian and insurgent fighting since 2003, and millions more have fled their homes for other parts of Iraq — or abandoned Iraq entirely.



It's your turn to tell others what you think. Email your thoughts and opinions to: edmontonletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

How Canadians can turn a turbulent stock market into massive profits

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George Fontanills, founder of Optionetics, is a Harvard-educated, internationally renowned best-selling author, and options trading expert.

Canada's economy is being hit hard along with the rest of the world. Job cuts are on the rise. Home values are falling like never before. The recession hits some industries hard, while others escape. From Vancouver to Toronto to Wall Street, it's little wonder the markets are volatile... up 100 to 200 points one day, and down 100 to 200 points the next. Most investors think they can't make money in markets like this. But I can show you how.

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Certain wealthy investors have always known how to multiply their returns and minimize their risk. You see, for every \$1,000 you put in stocks, they only put in \$150 – \$200 to achieve the same investment muscle. How? Because they use options to leverage or control a stock rather than buy it, extending the power of their investment dollar. That's how the wealthy play the stock market, without the risk of actually buying the stock.

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Blackfoot Inn
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TUESDAY

March 10, 2009
1 p.m. or 7 p.m.
Edmonton
Westin
10135 100th Street
Edmonton

WEDNESDAY

March 11, 2009
9 a.m.
Edmonton Holiday Inn
Convention Centre
4520 76th Avenue
Edmonton

Switch off your computer before you leave work. It will cut its electricity use by about one-quarter, according to Kim McKay and Jenny Bonnin's *True Green @ Work: 100 Ways You Can Make the Environment Your Business*. Over a year, that's about 700 kilowatt hours — about three week's worth of electricity for the average household. **TORSTAR NEWS SERVICE**

Turning off your computer before you leave work can save electricity

Going Green

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Brita showing true colours

Just in time for Earth Month Brita is showing its true colours and its support of environmentally sustainable options with the launch of the limited edition Green Pitcher water filtration system. While bottled water may seem like an easy convenience, Brita hopes Canadians will start to make better choices for the environment like opting for tap water over bottled water.

METRO NEWS SERVICES

How eco-friendly is your home?

Energy audit can help find leaks and inefficiencies that waste money and energy

EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

How green is your home? How much of your household energy budget is escaping through your walls and windows?

If you are like us, you hope your home is green, but you don't really know. One way to find out is by a home energy audit. These audits are about to become a requirement in order to buy/sell a home in Ontario. They are similar to a home inspection,

which is already performed during more house sales but instead of dry rot and termites, the inspector is looking for leaks and inefficiencies.

During a home inspection, the seal on your windows, the effectiveness of your insulation, and the efficiency of your furnace and hot water heater would be assessed. A blower is used to suck air out of the house so it is under negative pressure. Then the amount of suction re-

Federal and provincial grants

- For more information about federal and provincial grants and to find a certified home inspector, go to the the Natural

Resources Canada website (www.nrcan.gc.ca) and look for the ecoEnergy Retrofit program.

quired to keep the pressure in the house constant can be used to figure out how much air is leaking into your house. They can even tell you where the air is leaking in.

OK, so you get your home inspected and some problems are identified. Then what do you do? As luck would have it, the government is willing to shoot some money your way to fix some of these things. Federal grant money is available in order to



make your home more green. In addition to the federal money, provincial money is also available in many provinces, including British Columbia, Manitoba, Ontario, Quebec and Nova Scotia, to upgrade the "green-ness" of your home.

Money is available to get a more efficient furnace, to improve the insulation in your attic, to insulate your walls and basement, replace leaky windows and doors, and for a ground source heat pump and solar hot water system.

So how do we get at this money, you ask?

What you need to do is have

a pre-audit done by an auditor certified by Natural Resources Canada. The auditor will give you recommendations for upgrading your home. You then perform the upgrades and have the auditor come back for a post audit. The auditor will then file for whatever grants you may be eligible for on your behalf.

The downside to this is you have to pay the up-front costs for the renovations yourself and then trust the improvements will be enough to qualify you for the grant money. But if your furnace is getting old, or you were planning to do some upgrades anyway, why not get some help footing the bill?

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

Has the recession curbed emissions?

ECONOMY The financial crisis has slashed industrial output and trade, but it will be months before there is an accurate picture of how much the downturn has curbed greenhouse gas emissions, two scientists said Friday.

Since the financial crisis has deepened, analysts have been hoping the long-term growth in emissions will slow or stall now that many big economies are in recession.

REUTERS

Never waste a crisis: Clinton

U.S. Secretary of State Hillary Clinton told an audience on Friday "never waste a good crisis," and highlighted the opportunity of rebuilding economies in a greener, less energy-intensive way.

Clinton told young Europeans at the European Parliament that global economic turmoil provided a fresh opening.

"Never waste a good crisis ... Don't waste it when it can have a very positive impact on climate change and energy security," she

said.

Europe has already laid out plans to cut carbon dioxide emissions to about one-fifth below 1990 levels in the next decade, while U.S. President Barack Obama has proposed a major shift toward renewable energy and a cap-and-trade system for CO2 emissions.

But with many countries in the grip of a punishing recession, some question whether businesses can muster the hundreds of billions of dollars needed to cut carbon emissions.

Many politicians argue that the economic crisis, energy security issues and climate change can all be dealt with in a "New Green Deal," replacing high-carbon infrastructure with green alternatives and simultaneously creating millions of jobs.

"There is no doubt in my mind the energy security and climate change crises, which I view as being together, not separate, must be dealt with," Clinton added.

REUTERS

News in brief

BRITAIN A protester opposed to the expansion of London's Heathrow airport threw green custard at British Business Secretary Peter Mandelson Friday as he arrived at a meeting to promote low-carbon industries. TV pictures showed a woman approaching the business secretary and throwing a cup of liquid into his face.

EMISSIONS The United States must make deeper cuts in greenhouse gas emissions than those proposed by U.S. President Barack Obama if the world is to stand a chance of avoiding devastating climate

change, an EU official said. Jos Delbeke, the European Commission's deputy director-general of the environment, said a goal of bringing U.S. greenhouse gas emissions back to 1990 levels by 2020, set by Obama last month, will probably not be enough.

SCIENCE Certain rocks abundant on the U.S. East and West coasts may one day be coaxed to absorb emissions of the main greenhouse gas carbon dioxide at a rate that could slow climate change, scientists say.

REUTERS

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World oil prices will likely remain steady this year despite being below their "fair" value, Venezuela's finance minister, who is an ex-president of OPEC, said. **REUTERS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

GM, CAW reach deal

Canadian autoworkers will face a wage freeze through 2012, along with shorter vacations and higher contributions to benefit plans under a tentative deal with General Motors Canada, the Canadian Autoworkers Union said yesterday.

The deal, seen as a pattern for pacts with other automakers, aims to unlock billions of dollars in Canadian government funding for General Motors. Unionized workers will vote on the pact on Tuesday and Wednesday.

"The alternatives are

Terms

- The deal extends an existing contract by one year until September 2012.
- Wages, cost of living adjustments will be frozen.
- Worker co-payments will be boosted on a range of health-care provisions.

much worse," CAW president Ken Lewenza told a news conference announcing the agreement, which was reached after round-the-clock negotiations with the company. "We've done what we can do as a

union ... Now the Canadian government has got to step up to the plate."

The Canadian units of GM and Chrysler are seeking as much as \$10 billion from the Canadian and Ontario governments to help them survive the crisis facing the auto sector. But the payments depend on the companies making savings that will include concessions from their unionized workers.

GM has already proposed a 10 per cent cut in executive salaries, and reduced pay and benefits for salaried employees. **REUTERS**

China Port plummet



Security guards stand near containers at a port in Shanghai yesterday. China's port container volume in February fell 17 per cent from a year ago, the Xinhua news agency reported.

No walk in the park for forestry

INDUSTRY Canada's forestry industry, already weakened by softwood lumber trade disputes with the U.S., has been smacked by a weak lumber market as the U.S. housing market collapsed, paper demand declined and pulp prices dropped.

All that has ravaged the industry, forcing companies to rely on cash reserves or recapitalize by turning debt into equity to avoid insolvency.

Analysts warn the paper sector is trying to weather the recession with newsprint and other products, demand for which is expected to keep falling even when the economy rebounds.

"In a growing industry you can hide things, but in a shrinking industry all of the flaws are exposed," said Kevin Mason of Equity Research Associates.

REUTERS

Where did AIG's bailout cash go?

ECONOMY Where, oh where, did AIG's bailout billions go? That question may be answered now that a partial list of beneficiaries has been published.

The Wall Street Journal reported on Friday that about \$50 billion US of more than \$173 billion that the U.S. government

has poured into American International Group Inc. since last fall has been paid to U.S. and foreign financial institutions including: Goldman Sachs Group Inc., Deutsche Bank AG, Merrill Lynch, HSBC, Royal Bank of Scotland, Banco Santander, Wachovia and others. **REUTERS**

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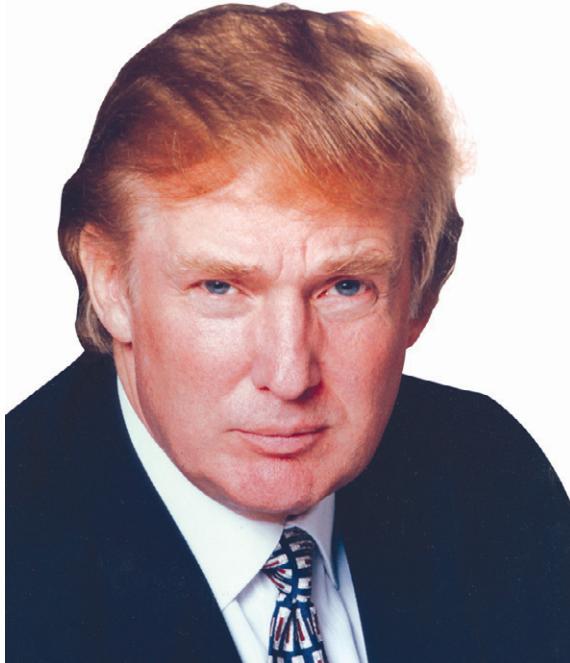
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In brief

BANKS The U.S. should let some big troubled banks fail rather than commit more federal funds to prop them up, two Republicans said yesterday. Senator John McCain argued the administration needs to make "the hard decision and that is to let these banks fail." Senator Richard Shelby added: "If they're dead, they ought to be buried ... We bury the small banks. We've got to bury some big ones and send a strong message to the market."

REUTERS

**An Open Letter From Donald Trump To All Edmonton Area Residents
Who Want To Get Rich In Real Estate & Business!**



Trump Tells All!

“I’ve Made Billions And Now I Want To Share My Success Secrets With You!”

— Donald Trump,
Executive Producer, *The Apprentice*,
NBC • Chairman, Trump Institute

Dear Edmonton Area Resident,

Have you seen my TV show, *The Apprentice*? It's been one of the top rated shows on NBC for eight consecutive seasons!

Not only that, it has made me a media phenomenon and forever changed my life.

And now, at the age of 60, I've decided to make a bold move to share my knowledge and experience in such a way that it could be a great advantage to you.

What Kind Of Advantage?

The best kind of advantage; the kind of advantage that could make you money and make you rich.

If you are seriously interested in hearing what I have to say about being successful, about making money and about getting rich, please read every word of this letter carefully. It contains an invitation for you to discover what has taken me the better part of my life to learn and put into action.

Please let me explain.

Before *The Apprentice*, I was famous for building the world's largest and most beautiful buildings, golf courses and casinos, and for being a marketing whiz when it comes to succeeding in business. Everywhere I went people treated me like royalty and I was generally considered a big shot.

Everything Has Changed!

Because of *The Apprentice*, everything has changed. I have truly become a household word, globally. Everywhere I go people say something to me. Sometimes they say, "Trump, you're fired!" Or, "You're hired!" But always, they greet me with respect, humor and friendship. It's like they know me personally.

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me, but it has also worked for many of the world's richest men and women.

You see, in my quest to be the best, I have sought the advice and guidance from people who have also experienced mega-billionaire success. I have incorporated their techniques and experiences into my own personal treasure chest of successful business and real estate knowledge, strategies, and wisdom.

A Powerful Team of Experts!

I also have an incredible team of business entrepreneurs and real estate mavens (very talented experts), who deliver my material and my lessons.

These are men and women who are highly successful professionals in business and real estate. They speak from my lips to your ears and they back it up with experience, knowledge and wisdom. I wouldn't put my name on it any other way.

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Through this seminar you'll learn practical money-making advice about how to be successful in business and how I invest in real estate.

Here's just a sample of what you'll learn:

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- You will discover the Trump Way to make piles of cash.
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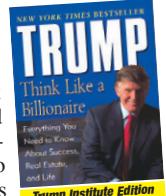
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Don't miss *Matters of the Heart*, Metro's exclusive feature series in the Workology section. There are jobs to be had that focus on falling in love, falling out of love and everything in between; we will be digging up the stories for you, so check for *Workology* on Mondays, Tuesdays and Wednesdays and metronews.ca/work as well.

Workology

Get your copyright



Copyrightcreators.com will launch an online copyright registration service for artists by offering every new member two free registrations starting March 11. The launch of this secure and affordable copyright registry will encourage artists to continue producing their work without fear that it will be copied or used without permission.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

A customer service dynamo

Harry Rosen fashioned his menswear empire on personal relationships

Matters of the Heart

RAFAEL BRUSILOW
for Metro Canada



Whether it's for the wedding chapel or the boardroom, the perfect suit is Harry Rosen's specialty.

The 77-year-old Canadian icon has forged a name as one of Canada's most respected and revered men's fashion brands famous for tailored suits of exceptional quality, with 40 per cent of the market share in Toronto and more than 15 stores across Canada — including stores in Ot-

tawa, Vancouver, Calgary, Edmonton and Montreal.

Born and raised in Toronto, Rosen always had a knack for engaging with people. He got a part-time job at a menswear store in 1952, and — unlike the other salespeople who tried to sell anything to anyone — Rosen made it his mission to have as many customers come back to shop with him personally.

"I realized that building relationships was crucial in this business. Customers came back to me even though I was a part-timer," Rosen said.

Rosen took his sales philosophy to the bank and opened his first shop



"You have to have a good idea, a vision that you can share with people. You've got to have a reason for existing, a reason to attract customers."

Harry Rosen

on Feb. 5, 1954, on Toronto's Bloor Street, where it remains his flagship store to this day. He says he never left the sales floor in those early years and his focus is still, as it was all those years ago, on developing a relationship of trust to garner return customers.

"People always say men hate shopping but once

they find someone they trust, they're one-stop shoppers," Rosen said.

While keeping tabs on customers' buying habits and preferences is considered mandatory business practice nowadays, back in the 1950s Rosen's diligence in starting individual files for each customer and updating it regularly was innovative and

ground-breaking. The importance of nurturing repeat buyers by providing them with unparalleled service is something Rosen encourages directly in his stores — in fact, he pays his staff on retention of customers, not on commission.

Rosen's advice for budding entrepreneurs is simple: Start with something worth offering and work hard to make it the best thing around.

"You have to have a good idea, a vision that you can share with people. You've got to have a reason for existing, a reason to attract customers," Rosen said.

Knowing your market is

crucial too and nothing can be a substitute for experience. In Rosen's case, keeping a high level of service and quality has allowed him to weather multiple recessions by focusing on what he calls "evolution, not revolution" in the menswear market.

"Men really haven't changed all that much since 1952. I can predict how many blue suits I'll be selling to within a couple of percentage point two years from now."

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New nursing training strategies in Alberta

In an effort to reduce the province's shortage of licensed practical nurses, the Alberta government is offering free tuition to immigrants with a nursing background so they can upgrade their skills. METRO NEWS SERVICES

The ones left behind

VANESSA GRECO
for Metro Canada



Pink slips don't scare Greg Skura anymore. After decades of odd jobs and hard work, he's become well acquainted with the employer's chopping block.

"When I was younger, I'd take layoffs to heart," said the 47-year-old from Pickering, Ont. "But now, I don't take them personally. Often it's because of the economy."

When facing job loss, Skura — who has printed newspapers, driven trucks, installed doors, and sorted eggs — isn't worried about the uncertain path ahead.

Instead, he turns his attention to those left behind.

"It's my co-workers I feel sorry for," said Skura, currently employed as an Internet technician. "They're the ones picking up the slack, doing double the work and wondering whether they're next to go."

As the global financial crisis continues, workers watch as companies are downsized and colleagues are dismissed. When an employee survives a round of layoffs, their relief can be followed by guilt or anxiety.

Career coaches and management experts have dubbed this "survivor's syndrome."

"Layoff survivors can experience grief for many reasons," said Aaron Schat, assistant professor of organizational behaviour at McMaster University. "They've kept their employment but might feel it was at a colleague's expense."

As well, remaining employees might fear that there are more layoffs to come. This can be a stress-



After layoffs, what happen to the workers that are left behind?

Riding the Recession

ful distraction for workers, who'll start to feel unmotivated, expendable or wary of their bosses.

Schat added that managers should demonstrate warmth and compassion when conducting layoffs to prevent a morale drop amongst remaining employees.

Three weeks ago, Therese Arsenault would have appreciated that compassion as a company she'd served for 13 years dismissed her and nine others.

"The whole process was cold," said the former telecommunications trainer from Montreal.

Since the layoff, surviving colleagues have approached Arsenault and expressed

both shock and sympathy. She believes her former co-workers don't need to apologize.

"In a big company, decisions like this are not made at the employee level," she said. "The individuals you worked with might feel sorry for you, but they have no business feeling guilty."

Although surviving employees might not be at fault, Marjorie Armstrong-Stassen has seen post-layoff stress in the workplace firsthand.

"People in downsizing companies have told me they think the ones who've lost their jobs are the lucky ones," said the management professor at the University of Windsor.

Often dismissed employees will receive severance and early retirement. Surviving employees left with more work can experience feelings of jealousy.

A pastime that can become a career

OddJobs

Diane Peters



Is your teen spending March break hunched over a video game console? You're probably not thrilled. What if all this gaming turns him into a slacker for life?

Take heart: Hardcore gamers can sometimes turn their passion into a career. That's what Ryan Hale, 23, has done.

He's a lead tester for Charlottetown company Sculpi QA. It tests games.

for its sister company, Other Ocean Interactive and other game makers, which design the products.

"We play games at various levels and critique them," explains Hale. He sometimes plays a game that's ready for market to make sure it has no bugs.

Other times, he moves through a game that's in the beta testing phase and hardly has any graphics. Sometimes he just runs through a program to make sure the menus are working.

As well, he checks games to ensure they pass certification requirements of various video game systems.

After he plays, he uploads his comments on an

interactive web page. He sometimes plays a game for just a few days. He's been testing one for Wii created by Other Ocean for a year, and he's still testing it now for a future European release.

Unlike what many people think, he neither gets sick of playing games all day, nor does he sit on his butt and do nothing. But he and his co-workers — 12 testers in total — often run tournaments on their lunch hour and after work, they love gaming so much. "It's a lot of work, we work hard. But it's really fun."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Singer Melanie Brown is auctioning off memorabilia from her Spice Girls days to raise money for charity. The star has amassed a vast collection of stage costumes from the group and she's putting them all up for sale together with personal items. FEMALEFIRST.CO.UK

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Weekend box office

1	Watchmen:
	\$55.7 million US
2	Madea Goes to Jail:
	\$8.8 million
3	Taken:
	\$7.5 million
4	Slumdog Millionaire:
	\$6.9 million
5	Paul Blart: Mall Cop:
	\$4.2 million
6	He's Just Not That Into You:
	\$4.2 million
7	Coraline:
	\$3.3 million
8	Confessions of a Shopaholic:
	\$3.1 million
9	Jonas Brothers:
	\$2.8 million
10	Fired Up:
	\$2.6 million

REUTERS

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Pop fashion



Madonna has set her sights on conquering the fashion world for a second time — the pop superstar is set to launch a new line with designer Christian Audigier. FEMALEFIRST.CO.UK

Theory behind Watchmen

Graphic story a treasure trove for philosophers

Superheroes don't just make fun characters for comic books and movies.

Their powers, and how they choose to use them, are philosophical treasure troves, and few are as rich and complicated as the protagonists in Watchmen, which opened on Friday.

"Watchmen is an embarrassment of riches to the comics-obsessed philosopher," said Mark D. White, editor of the book Watchmen and Philosophy: A

Rorschach Test.

The book is one of a series that uses pop culture as an entry point to the sometimes abstract subject of philosophy.

Years in the making, Watchmen is the big-screen adaptation of the acclaimed 12-issue comic book series by Britons Alan Moore and Dave Gibbons published between 1986 and 1987.

Like the books, the movie is set in an alternative 1985 when the United States and the Soviet Union are on the brink of nuclear war. It features costumed vigilantes who have become so unpopular they are now outlawed.

But Watchmen is far from just popcorn entertainment. Its twisted superhero archetypes, like the tortured do-gooder Rorschach and brainy businessman Ozymandias, take time out from performing death-defying acts to muse on subjects like free will, saviour figures and the politics of fear.

"In Watchmen, the phi-

losophy is so explicit that you don't have to dig very hard to find it," said White, an associate professor in the department of political science, economics and philosophy at the College of Staten Island.

The original series took the name from the phrase "Who watches the Watchmen?" which dates back to the 1st century Roman poet Juvenal and has been the subject of philosophical debate for centuries.

The essays by academics in Watchmen and Philosophy look at how Rorschach justifies his often brutal actions, and tackles subjects like the legitimacy of authority. The mother and daughter Silk Spectres provide a window into the feminist thinking of French author Simone de Beauvoir. Another chapter is devoted to German philosopher Friedrich Nietzsche's thoughts on the Übermensch (superman).

"Philosophy has had a public relations problem for a couple of centuries.



The essays by academics in the book Watchmen and Philosophy look at how the character Rorschach justifies his often brutal actions, and tackles subjects like the legitimacy of authority.

People mistakenly think that philosophy is some dusty academic subject that is irrelevant," said

William Irwin, editor of the Blackwell Philosophy and Pop Culture series.

REUTERS

More questions than answers about MJ comeback

Is it a comeback or a swan-song? Will he sing or lipsynch? Has he still got the moves?

Michael Jackson's brief appearance on Thursday at London's O2 Arena, where he plans a series of 10 concerts starting on July 8, raised more questions than it provided answers.

The 50-year-old did at least show up, looking

more robust than in recent photographs.

But his announcement was confused, and left reporters and hundreds of screaming supporters wondering whether his first series of gigs in 12 years would actually be

his last.

"These will be my final shows ... performances in London," Jackson said. "When I say this is it, I mean this is it. I'll be performing the songs my fans want to hear. This is it, this is really it, this is the final curtain call."

Randy Phillips, president of AEG

Live which signed Jackson for the concerts, had few concrete answers.

He did not rule out more concerts in London and elsewhere in the future, and much more than just music appears to be riding on the summer shows.

"None of us are sure," he told Reuters. "I didn't want to get so far ahead of what he wanted to do." REUTERS



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Some folks like to make an entrance, and Jamie Foxx is one of them. The Oscar winner supposedly has his people call ahead whenever he's set to go out to a bar or restaurant because he wants to make sure he's noticed, Hollywood insiders tell Metro. **METRO NEWS SERVICES**

Celebrity Buzz

Least restrictive order for Brown: Court

COURTS Although the court slapped Chris Brown with among the least restrictive of protective orders, Rihanna does have the means to gather evidence against him if he causes trouble, people.com reports. She may tape record conversations with the R&B singer.

Brown, 19, who was charged Thursday with two felonies in the alleged beating of girlfriend Rihanna, 21, is barred from exhibiting a host of bad behaviors toward Rihanna, with whom he has reconciled.

According to the protec-

tive order, signed by the Superior Court commissioner on Thursday and served on Brown in court, he may not "harass, strike, threaten, assault (sexually or otherwise), follow, stalk, molest, destroy or damage personal or real property" of Rihanna's.

He also may not "disturb the peace, keep under surveillance or block movements" of her, and must get rid of any guns he may have by surrendering them to police or selling them to a licensed dealer within 24 hours. And he cannot "disuade or prevent" anybody

from attending a hearing or making a report to police.

Under the order, however, he is allowed to contact Rihanna in person or by telephone, and there are no limitations to how physically close he may be to her.

The only restriction checked on the form is the box reading: "The protected persons may record any prohibited communications made by the restrained per-



son." The order expires in March 2012, people.com adds.

METRO NEWS SERVICES

Efron's mom frets over 'sexual' photos

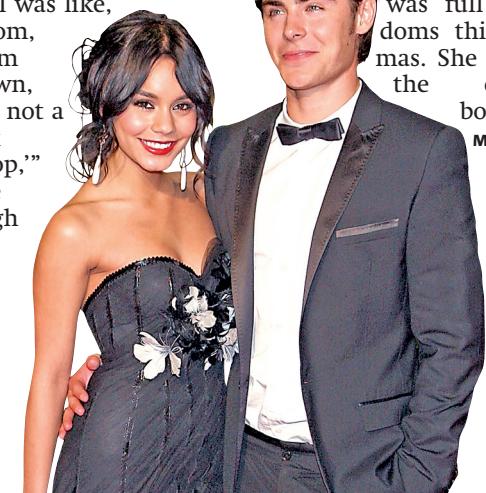
RELATIONSHIP After photos surfaced of Zac Efron and Vanessa Hudgens in the adult section of a costume shop, Efron's mom apparently isn't taking any chances.

"I was like, 'Mom, calm down, it's not a sex shop,'" the High

School Musical star tells Elle magazine.

"She wouldn't have any of it. She's like, 'I knew you were being sexual!' But she understood. My stocking was full of condoms this Christmas. She buys me the economy box."

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Gyllenhaal's new buff physique

NEW ROLE Jake Gyllenhaal wanted to be ready for anything in his next film Prince of Persia: Sands of Time, out next year.

"I over-prepared myself because I never knew how much they were going to ask me to do, so I just made sure I'd be hopefully able to do anything," Jake said of his new physique, which is on display in just-released stills from the movie, according to Just Jared.

"I guess I've gotten buff."



METRO NEWS SERVICES

M.I.A. keeps private

BABY NAME To those Internet reports claiming M.I.A. named her three-week-old boy Ickitt, the rapper responds: Ick!

In a humorous message on her MySpace Celebrity Blog, the Paper Planes songstress shot down the rumours while poking fun at a few of the more unique names bestowed upon certain celebrity kids, people.com reports.

"My baby is not called Ickitt, Pickit or Lickit thank you very much," she writes. "He's a baby, he don't need press!"

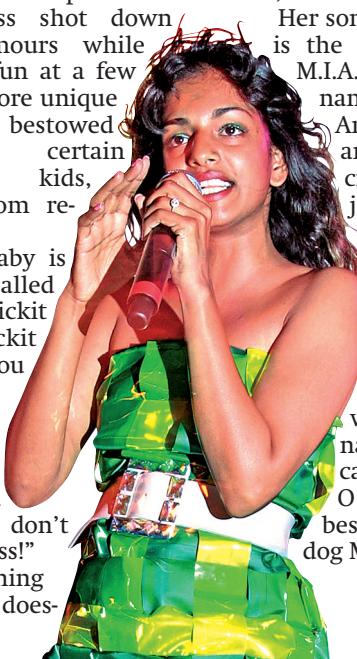
Explaining that she does-

n't consider her son's name to be newsworthy information, M.I.A., 31, says she'll be back with something for her fans soon. "Til then go pick on Apple, Satchel and Moon Unit," she suggests.

Her son, born Feb. 11, is the first child for M.I.A., whose given name is Mathangi Arulpragassam, and her musician fiancé, Benjamin Bronfman.

Memorably performing while pregnant at the Grammys last month, M.I.A. was also nominated for an Oscar for her song O Saya, from best picture Slumdog Millionaire.

METRO NEWS SERVICES



Spears helps charity

PEOPLE After rolling into Miami, Britney Spears' Circus Tour featured a sideshow for a worthy cause, people.com reports.

The pop star paid a visit to 40 sick children at Miami Children's Hospital on Saturday. "She took pictures with the

kids and gave them autographed pictures," hospital spokesperson Cristene Martinez tells People. "The kids were so excited to meet Britney, and having her here was a great distraction for them."

METRO NEWS SERVICES



Lil Wayne brushes often

IMAGE Rap star Lil Wayne's diamond teeth have turned the hitmaker into an obsessive compulsive — he brushes them morning, noon and night, femalefirst.co.uk reports.

The flamboyant star has gems fixed to his teeth and cannot remove them, so he's careful what he eats and always takes care to brush them after every meal.

He says, "I brush them after dinner, after lunch — with Colgate." Lil Wayne estimates he has \$150,000 US worth of diamonds in his mouth — and they're permanent. "I can go to the dentist and switch them out, but it's surgery."

METRO NEWS SERVICES



Paris doesn't like diets

HEALTH Paris Hilton "doesn't like" diets, femalefirst.co.uk reports.

The slender socialite isn't giving anything up for Lent — the Christian fasting period before Easter — because she hates being deprived of her favourite junk foods.

"I just don't think I could go for 40

days without something. If I did, I'd probably just give up chocolate and McDonald's."

"I've never tried to give up anything before. I don't like diets. My weaknesses are cotton candy and french fries," she said.

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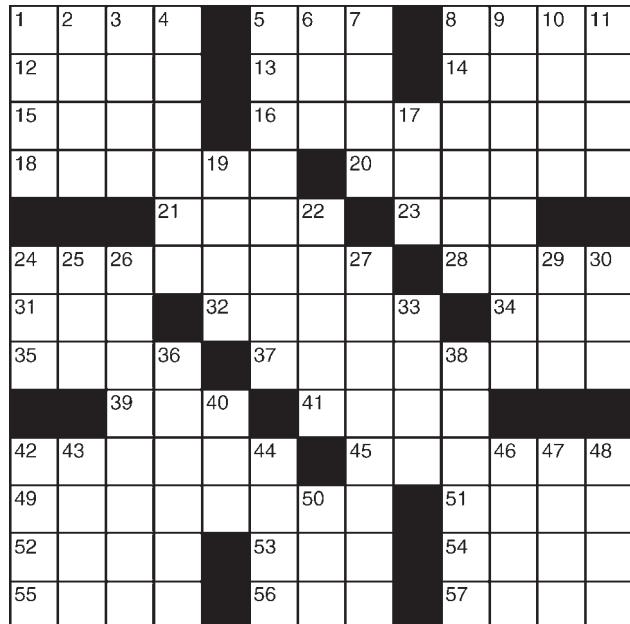




Michele McDougall, Weather Specialist & Host – Breakfast Television
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes."



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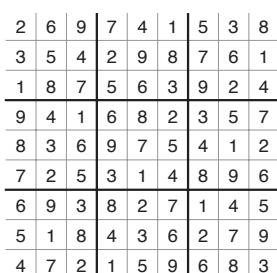
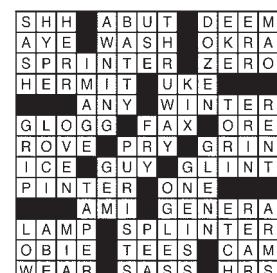
Crossword across

1 Poker variety 35 All over again
5 Crooner Damone 37 Wood-finishing substances
8 Ellipse 39 Homer's interjection
12 Sci-fi's Skywalker 41 Cain's victim
13 Leading lady? 42 Arouse
14 Lima's country 45 Arouse
15 Help in a crime 49 "Holder" of a brief explanation
16 Greek 51 Guy
18 Tangy green condiment 52 Reed instrument
20 Noble 53 Have a bug
21 Anatomical cavities 54 Additionally
23 West of Hollywood 55 Swiss city
24 Sasha and Malia's mom 56 In medias —
28 Men only 57 Witnessed
31 Tavern
32 Diarist Samuel
34 -la-la

Crossword down

1 Cabbage salad 25 Author Fleming
2 Big brass instrument 26 The U in "IOU"
3 Guitars' kin 27 Looks at intently
4 Remove (from) 29 Joan of —
5 Planes, trains and automobiles 30 Petrol
6 "— Got a Secret" 33 Dispatched
7 Honeycomb 36 Opposite of "improve"
compartment 38 South American herd
8 La Scala shows 40 "Whadja say?"
9 Family feud 42 Nose-in-the-air sort
10 Seed covering 43 Tooth-paste dispenser
11 Historic sitcom star 44 Bosc or Bartlett
17 Sellers co-star Herbert 46 Hardy cabbage
19 Road Runner's sound 47 Otherwise
22 Omega's opposite 48 Night light?
24 Biz deg. 50 Falsehood

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